

Full Report (All Nutrients) 45106850, ZATARAIN'S, BLACKENED CHICKEN ALFREDO SNACKERS, UPC: 071429012509

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Report Date: June 16, 2017 05:12 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	127.0 g 127g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	330	260
Protein	g	--	--	11.00	8.66
Total lipid (fat)	g	--	--	17.01	13.39
Carbohydrate, by difference	g	--	--	34.00	26.77
Fiber, total dietary	g	--	--	1.0	0.8
Sugars, total	g	--	--	1.99	1.57
Minerals					
Calcium, Ca	mg	--	--	100	79
Iron, Fe	mg	--	--	1.80	1.42
Sodium, Na	mg	--	--	460	362
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	199	157
Lipids					
Fatty acids, total saturated	g	--	--	4.496	3.540
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	25	20

Amino Acids

Other

Ingredients

WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, FERROUS SULFATE, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COOKED SEASONED WHITE CHICKEN MEAT (WHITE CHICKEN MEAT, WATER, BLACKENED SEASONING [SALT, SPICES {INCLUDING RED PEPPER AND PAPRIKA }, SOY PROTEIN ISOLATE, MODIFIED POTATO STARCH, SODIUM PHOSPHATE, CORN STARCH, ONION, CARRAGEENAN, GARLIC, EXTRACTIVES OF OREGANO, SOY LECITHIN]), EXPPELLER SOYBEAN OIL, LOW MOISTURE PART SKIM MILK MOZZARELLA CHEESE (CHEESE [CULTURED PASTEURIZED PART SKIN MILK, SALT, ENZYMES], MODIFIED CORN STARCH), MILK SOLIDS (CREAM, MILKFAT, NONFAT MILK), CANOLA OIL, MODIFIED CORN STARCH, CHEESE

FLAVOR (A DEHYDRATED BLEND OF ROMANO CHEESE [PART SKIM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, PARTIALLY HYDROGENATED SOYBEAN OIL, BUTTERMILK SOLIDS, SODIUM PHOSPHATE, SALT), ONIONS, SUGAR, DRY BUTTERMILK, METHYCELLULOSE, SODIUM BICARBONATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, CORN STARCH, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), SALT, SHARP CHEDDAR CHEESE FLAVOR (DEHYDRATED GRANULAR AND BLUE CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, PARTIALLY HYDROGENATED SOYBEAN OIL, WHEY PROTEIN CONCENTRATE, LACTOSE, CORN MALTODEXTRIN, SALT, SODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID), CHILI POWDER (CHILI PEPPERS AND OTHER SPICES, SALT, GARLIC POWDER), SPICES, YEAST EXTRACT, GRANULATED GARLIC, SOY LECITHIN. *Date Last Updated by Company:* 05/16/2016